



Hatha Flow Yoga Retreat
In West Somerset with Paritosh
Date: Friday 25th - Sunday 27th September
Cost: £140

A Yoga retreat is a rare opportunity to step out of your daily routine, let go and be at ease with yourself. Health benefits include greater strength, flexibility and relaxation, helping us to cope more calmly with everyday pressures along life's way

The morning sessions will have a workshop style approach, developing the practice whilst keeping the basics in focus. All abilities including beginners are welcome.

Accommodation is at Arden Cottage B&B, West Somerset, and if required Hartnells Bed and Breakfast just across the road.

Costs include: B&B for 2 nights, dinner on Friday night, lunch on Saturday and yoga sessions on Saturday and Sunday morning._

Extras: Dinner on Saturday evening at a local restaurant. A walk after lunch, finishing up with tea in a West Country tea garden.

Paritosh is a certified Hatha Yoga Teacher and Yoga Therapist.

'My passion for yoga has taken me around the globe, studying with great teachers and masters of yoga and meditation, and I love to share this power of movement and relaxation that quiets the mind, empowers the body and brings us home to the heart'.

Please bring a yoga mat, cushion, blanket and easy stretch clothing, as well as walking shoes

**To book your place call Jane Snell on 01984 634090 or email enquiries@ardencottagewilliton.co.uk
www.ardencottagewilliton.co.uk
www.hartnellsbandb.co.uk**

For more about yoga visit <http://paritosh1.wordpress.com>